Chichester HERALD

Friday 18th July 2014
YOUR FREE WEEKLY NEWSPAPER
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Paedos arrested across Sussex

>> *Sussex Police working to investigate on-line paedophiles*

Suzanne Ruel
NEWS@CHICHESTERHERALD.CO.UK

A TOTAL OF 660 suspected paedophiles, including 29 in Sussex, have been arrested in a major six-month police operation across Britain – including arrests of doctors, teachers, scout leaders, care workers and former police officers.

Sussex Police have worked closely with Surrey Police and with national Operation Notarise, details of which have been released by NCA and ACPO this week, Wednesday 16 July.

The Surrey and Sussex Paedophile On-Line Investigation Teams (POLIT) received 46 intelligence packages from NCA-CEOP as part of Operation Notarise between April and June this year.

This resulted in a total of 29 warrants being executed in Sussex with 24 arrests. All arrests were for offences relating to the possession and/or sharing of indecent images of children.

In Sussex 332 computers and related items were seized. Several thousand other items such as books, magazines, DVDs and cassettes were seized. Forensic examination and further enquiries are continuing in each case while the men are on bail, and reports will be submitted to the CPS when investigations are complete.

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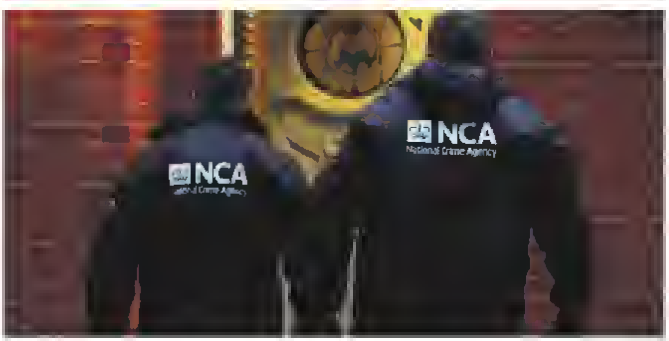

24 arrests in Sussex for offences relating to the possession and/or sharing of indecent images of children

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Sussex Police working to investigate on-line paedophiles

Assistant Chief Constable Stuart Cundy of the Surrey and Sussex Specialist Crime Command said: "Working closely with the National Crime Agency we have identified and arrested those who use the internet to access indecent images of children. This operation aimed to protect children who are, or might be at risk of sexual exploitation. Those who access indecent images should know the internet is not anonymous and we will pursue you.

"Every day police officers and staff from Surrey and Sussex Police work alongside our partners in statutory and voluntary agencies, to identify and safeguard children and young people who are at risk of, or are suffering physical or sexual abuse.

"As part of our policing together approach, Surrey and Sussex Police have arrested 31 people as a result of this national operation."

45 police forces have taken part in the swoops across the country.

NCA chiefs said those arrested nationally included doctors, teachers, scout leaders, care workers and former police officers.

The operation took six months to complete, and has included the arrest of 39 registered sex offenders.

NCA deputy director general Phil Gormley said: "Some of the people who start by accessing indecent images online go on to abuse children directly. So the operation is not only about catching people who have already offended – it is about influencing potential offenders before they cross that line."

As yet no evidence has been found of any contact offending against any children but precautionary child protection measures have been taken in cases where suspects have been found to have access to children.

As a consequence of the operation 13 children in Sussex and four in Surrey were subject of a safeguarding referral to Children's Social Care. These referrals allow police and social workers to consider what precautionary measures might need to be put in place to ensure the children are protected from harm. However there has been no evidence to date of any specific risk or of contact offending.

This interactive map shows the number of arrests made by each police force involved in the child abuse operation announced this week

WSCC's Full Council expected to agree senior appointments next week

WEST SUSSEX COUNTY COUNCILLORS will be asked to formally approve changes to the organisation's senior management structure next week.

The Council will be asked to accept the recommendation of the authority's Appointments Committee that Gill Steward, currently Interim Transformation Director, is appointed as acting Chief Operating Officer (Head of Paid Service) when it meets on Friday, July 25. She will also retain her transformation responsibilities.

Other appointments are expected to be confirmed at the meeting.

Gill joined the authority in February following the decision to make the post of chief executive redundant. Diane Ashby has been interim Chief Operating Officer since that time and will now become one of four new executive directors under a new management structure that was agreed earlier this month.

The restructure involves reducing the senior management team from eight directors to four new executive directors.

This new structure will begin the process of reducing the overall management team of the Council to more closely align the leadership structure to the authority's core priorities of giving children the best start in life, supporting older residents to live independently for as long as possible and creating a strong and diverse economy. It is expected that the wider management restructure will deliver significant savings for the County Council and reduce the Council's management bill by 15-30%.

Gill has more than 17 years' experience of successful corporate management, most recently as a Corporate Director for three high profile unitary councils and has held ground-breaking leadership roles including the first civilian Director of Corporate Development for Greater Manchester Police (GMP), the second largest police force in the UK.

Gill recently bought together services from six districts and the county council in Cornwall into a new Directorate with 3,700 staff and a budget of more than £280m.

Gill will receive a salary of £160,000 if her appointment is endorsed by Full Council. The former chief executive received a salary of £178,000 plus bonus.

Record number of participants compete in Chichester Triathlon

CHICHESTER'S TRIATHLON saw a record number of participants take part this year. Over 600 competitors took part in the Nature's Way Triathlon Series 2014 at the weekend (12 and 13 July), which is run by Chichester District Council.

Four hundred and forty four adults got involved in Sunday's events, including a record breaking 27 teams. Chichester Westgate Triathlon Club took many of the winning titles, whilst Wright Tri shone with their club representation.

Chichester Westgate Triathlon Club (CWTC) took both the Olympic distance titles. Mary Campbell won the women's Olympic distance title with a time of 2.13.09. Taking the men's title was 10 year old Harry Pink, with a time of 2.05.06. This is the first time that a CWTC member has claimed the male title and that a club has taken both titles at once.

The sprint distance titles for the Try-a-Tri event were taken by Harry Leleu with a winning time of 1.21.17, also a member of Chichester Westgate Triathlon Club, and Emma Deane, with a winning time of 1.31.30.

Junior Aquathlon entrants shot up to 183, seeing this popular event increase in numbers from last year.

Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council joined Cllr Martyn Bell, Chairman of Chichester District Council in presenting the awards.

"It's great to see this sporting event continue to grow in popularity," says Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council.

"What's wonderful about this year is the range of ages and abilities of those taking part. From solo competitors, to teams, and the continued success of the youth Aquathlon, this event is really offering the diversity we strive for.

"I would also like to thank all of those that supported the event, including our main sponsor Nature Way Foods and our other sponsors the University of Chichester and Global Scaffolding. It's also very important to thank all of the volunteers, who did an outstanding job and are key to making this event happen."

Anorak Corner

Interesting snippets of information about Chichester

It might seem surprising now but in the Middle Ages Chichester was one of England's most important ports. Chichester Harbour was deeper than it is today. (It has since silted up). Until 1800 ocean-going ships could sail up to Dell Quay.

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Tweets of the Week

All tweets are from Chichester people or about the area. Some tweets may contain errors! Let us know what you think @Chiherald

@sally_inch
I found out where Walt and Jesse have been cooking lately - in the Chichester Festival Theatre car park pic.twitter.com/hMP6VUlzsj

@BeptonRanger
There's a squadron of Swifts zooming around the rooftops of Midhurst. Rivalling the Farnborough Air Show for speed and agility!

@NewParkCinema
OH! WHAT A LOVELY WAR at dusk 8 Aug Priory Park Chichester Film Festival's launch 18 day Festival 14 - 31 Aug http://ow.ly/yQxhg

@BarryKilnerEA
We are reducing flood risk at #PaghamInlandBanks Find out more at our exhibition on 4 August 2-7pm #Pagham Village Hall #WestSussex

@thejowee
Can't get over how beautiful Bognor Regis beach sunset was last night #britishsummer pic.twitter.com/Ldg2rKITeP

@_lucyreynolds
My nan is seriously trying to tell me that Bognor Regis is the same as a Greek island...

@dobbs_sean
Little trip to Midhurst got my Wife Young greatest hits CD at the ready what a midweek treat

@TheEarlofMarch
Our crab is handpicked in Selsey and makes a delicious lunch #dressedcrab pic.twitter.com/stUAiDWO0u

@PetworthHouseNT
Did you know it is National Countryside Week? Head outdoors and catch a cooling breeze in Petworth Park #countrymile pic.twitter.com/ZfYT4NibEX

@AModernMother
Go to the beach! We LOVE West Wittering on the South Coast #Sweet

I'm currently bombarded by ads for Harwoods' Bentleys

CABINET TRANSFER WINDOW

Re-shuffles are like football transfer orgies. Everyone allows themselves to hope it means something better, but it turns out to mean the same.

MICHAEL GOVE

Teachers said Gove was the most reviled Education Secretary they can remember. Now he's in the dustbin. Hang on, what about Maggie Thatcher the Milk Snatcher. She was a reviled Education Secretary...

TYRANNY

Tyranny takes many forms. Luckily we live in a free country. However our work is not done, we still have barbeques.

SUNSNINE = BARBEQUES

The sun shines. We have a Barbie. It's the law. Who to invite? The boss? The neighbours? No. We must invite people who will forgive us. Let's invite the family.

TEN TNINGS ABOUT FAMILY BARBIES

10. It takes two hours before the meat is sufficiently carbonised that salmonella can be presumed dead. Luckily you can't taste it. You're drunk.

9. Dads say the attraction is fire. Truth is that constantly turning burgers and sausages is their way to avoid having to talk to relatives.

8. You dial 999 and they say "Not you again."

7. You put shish kebabs on the grill and get a visit from Border Control.

6. To avoid burning, Uncle Alf's chicken breasts are covered in Ambre Solaire.

5. The meat has been marinading in red wine and sherry for two days. So has Auntie Susie.

4. Grandad says "I got the recipe from Ray Mears."

3. Auntie Susie says "Your dad is a really good kisser."

2. Cousin Alvin says "If you don't wash your hands it gives it more flavour."

1. Mum says "Pull up your pants grandad, that's not how you put out a barbeque!"

With apologies to the broadcasting giant David Letterman, an avowed barbeque-hater who retires this year.

INTERNET ADVERTISING

The internet gets smarter at advertising every day. You browse something and it gets re-advertised everywhere you surf. I get round this by regularly browsing something uplifting, so for example I'm currently bombarded by ads for Harwoods' Bentleys and Aston Martins. Some weeks back we had a slug problem and it was quite disturbing to have images of slugs following you everywhere.

BILLBOARDS

My son has been researching the latest advertising techniques. They have giant billboards which recognise the kind of person you are walking past or standing looking up. It can tell your gender and age group by the way you walk. It can tell if you have children with you, or a dog. It can tell if the majority of people standing below it are, for example, young professional men (wearing suits), and will ping up an ad for an overpriced after shave.

ADVERTISING

One day the TV will catch up and thank God I'm fed up watching cricket and being told I'm entitled to PPI or compensation for my injury. And if I never see Ray Winston playing billiards again it will be too soon. "Oy, handsome!" Wot?

JOKE

A man goes to the doctor with a corn on the cob sticking out of his ear. He has a chicken wing sticking out of the other ear. And two frankfurters sticking out of his nostrils. The doctor says "Well to start with I'd like you to eat more sensibly."

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

Chichester Herald
FREE EVERY FRIDAY
Twitter: @chiherald
Suite 6&7, 96 The Hornet, Chichester, West Sussex, PO19 7BB 01243 200999
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**.

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester Bus Station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include:
Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Rose Green, Selsey and East & West Wittering.

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accounts@chichesterherald.co.uk

It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "What a couple were having a coffee in Ikea, they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us."

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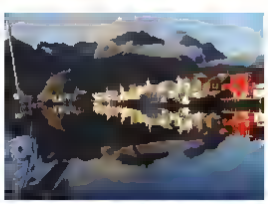

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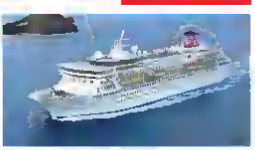
PLUS if you make a Fred. Olsen cruise booking with the Sussex Cruise Club after your visit we will refund the amount paid for your day visit (terms and conditions apply)



SUSSEX CRUISE CLUB
www.sussexcruiseclub.co.uk

For more information or to make a booking please call 01243 871664
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ABTA The Travel Association

ace association of cruise experts

Bogus workmen target West Sussex residents in driveway con

WEST SUSSEX COUNTY COUNCIL is urging residents to be cautious of conmen posing as highway contractors and offering to resurface their driveways on the cheap

The call comes after a number of recent attempts by several men, presenting themselves as West Sussex Highways workers, were reported to the County Council approaching residents offering to carry out cut price work

The bogus workmen have been posing as the County Council's contractors, who are currently working on West Sussex roads repairing potholes and carrying out resurfacing

An elderly couple rang the County Council after a group of men, posing as Council contractors, knocked on their front door and asked if they needed their driveway resurfaced

A spokesman for County Council contractor Balfour Beatty confirmed they would never offer to carry out private work for residents and any sub-contractors they use would always be able to prove that they were genuine highways workers working on behalf of the County Council

John O'Brien, Acting County Council Cabinet Member for Highways and Transport, said: "It is worrying that residents are being targeted by bogus workmen pretending to be legitimate County Council contractors

"Thankfully no one has fallen for this scam yet but it is important we get the message out to residents to be on their guard

"I would urge anyone who is approached by any workmen offering to provide private building work on behalf of the County Council to report it as soon as possible to the Citizens Advice Consumer Service on 03454 04 05 06, or contact the Police."

Man escapes from prison

Peter Mahoney has gone missing from Ford Prison

A VIOLENT ROBBER has this week gone missing from Ford Prison

Peter Mahoney left the prison on Friday and travelled to Brighton on day release but did not return

He has not been seen or heard from since

Mahoney was given an indeterminate sentence in 2010 and told he would serve at least four years after he admitted charges of racially aggravated wounding, possession of a firearm, robbery and possession of an imitation firearm

He committed the offences on 5 and 6 November 2008

On 5 November 2008 he racially abused a customer in a shop in Norwood, Greater London, went to his home and then returned with an air pistol and shot the victim

The next day he threatened a group of friends with an airgun in Stone, near Dartford, after claiming to be a police officer. He stole their car and drove off

Mahoney, 37, is white, 6' 2" and of average build. He has links to London and Kent

PC Steve Reed said: "Mahoney has a history of violence and is therefore a concern. We need to recapture him as quickly as possible

"We need people to contact us if they see him or know where he is. If you see him, do not approach him but call 999 immediately instead."

Anyone with information about Mahoney should call 101, email 101@sussex.pnn.police.uk or call the independent charity Crimestoppers anonymously on 0800 555111.

Appeal for witnesses to West Witterings fight

POLICE are appealing for witnesses and information about a fight on West Wittering's beach on Saturday night (July 5).

A fight broke out between two groups of teenagers around 11pm who were both having parties on the beach. The group of older teenagers, believed to be around 18 to 20, attacked the younger ones, around 14 to 16.

One of the victims has lost some teeth after he was punched in the face and other suffered cuts and bruises.

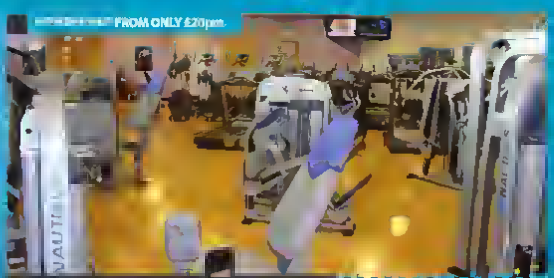
Two boys have been arrested on suspicion of assault and have been bailed until August 3.

PC Stuart Bethan from the Response Investigation Team said: "This was a particular nasty attack on some of the younger teenagers, in particular we are keen to trace one girl who was seen to violent attack another girl. The suspect is described as white, large build, around 5' 6" to 5' 7" between 17 and 20-years-old old. She had crooked teeth, shoulder length straight black hair with a tint of red and she wearing a white top with flowers and a butterflies on it with a blue denim jacket and black leggings.

"We are appealing to anyone with information or who saw what happened is asked to contact police on 101 quoting serial 1705 of 5/7."

Chichester College Sport Centre - Open to everyone!

Bodyworks
Fitness Suite



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DAY	CLASS	TIME	PRICE
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	Boxercise	6 05 – 6 50pm	£3 / £4 50*
	High Intensity Core	7 00 – 7 55pm	£3 / £4 50
TUES	Spin	5 45 – 6 30pm	£3
	Pilates (Beginners)	6 45 – 7 30pm	£3 / £4 50*
	Pilates (Intermediate)	7 30 – 8 30pm	£3 / £4 50*
WEDS	Xpress Spin	7 15 – 7 45am	£3
	Body Conditioning	5 30 – 6 15pm	£3 / £4 50
	High Intensity	7 30 – 8 30pm	£3 / £4 50
THURS	Pilates	1 25 – 2 10pm	£3 / £4 50
	Spin	5 30 – 6 15pm	£3
	Pilates (Beginners) Starts 10 July	7 00 – 7 45pm	£3 / £4 50*
	Trampolining (Sports Hall)	7 30 – 8 30pm	£5
	Fitness Pilates Starts 10 July	8 00 – 8 45pm	£3 / £4 50
FRI	Boxercise	19 00 – 20 00	£3 / £4 50*

PRICES £3.00 for Staff/Students/Members £4.50 for Non Members
(*6 week block booking, one-off session available at £5)

PLEASE PHONE TO CHECK AVAILABILITY & CLASS DATES 01243 812936
FOR MORE INFO VISIT www.chichester.ac.uk/About-Us/Sports-Centre

FOR MORE DETAILS PLEASE CALL 01243 812936

Chichester college

WSCC launches new data dashboard

WEST SUSSEX COUNTY COUNCIL has become the first authority in the UK to use new software that will give residents open access to its performance data.

For the first time, communities and journalists will be able to monitor and measure, in almost real time, how the council is performing against its key targets – and then integrate that information with their own websites and social media feeds.

The platform, which cost £20,000, is called GovStat and has been developed by Socrata, a Seattle-based software company.

Socrata helps organisations unlock data and transform it into useful information that everyone can easily access, share, and reuse via web-based dashboards.

The West Sussex County Council platform can be accessed at performance.westsussex.gov.uk.

The authority is the first in the UK to use the software to revolutionise its performance management and monitoring.

Louise Goldsmith, West Sussex County Council Leader, said: "Moving from paper to digital and giving residents the opportunity to see our performance at the same time as we do opens our accountability and gives us a very visual way of explaining how and what we're doing for our residents and communities, where and how we are spending the Council Tax. It's very much in line with our agenda to be more transparent and open.

"Of course we want to do the very best for our residents and deliver really good services and this system helps us with that ambition. It brings an honest focus to the services we are not providing as effectively as we could or in comparison with other areas of the country and this helps our residents to hold us to account. We need to be aware of these facts to help us to improve."

Visitors to performance.westsussex.gov.uk will be able to see the council's performance against 12 key targets linked to its Future West Sussex vision of giving children the best possible start in life, growing the economy and supporting older people to be independent in later life.

Twelve specific outcomes within those three areas have been defined, such as preparing young people for work and growing the number of jobs in the local economy.

Louise added: "The Socrata system will hold us up to public scrutiny in the most positive and honest of ways while removing any onerous reporting barriers."

Socrata's existing clients include the World Bank, Kenya, the United Nations Development Programme, the Center for Medicaid and Medicare Services (USAID), the Department of Health and Human Services, and the City of New York.

Socrata's Director of GovStat, Beth Blauer, said: "West Sussex is joining an elite group of governments using the best technology available to track the outcomes of their efforts, with total transparency to the public. With the speed and ease of setting up a Socrata GovStat, governments have no excuse for keeping citizens, and even their own departments, in the dark. The era of open government has arrived and it's here to stay."

Better Roads continue to be delivered in West Sussex

ANOTHER MONTH of road improvements has been successfully completed in West Sussex thanks to the Better Roads Programme.

The £30m West Sussex County Council initiative, to repairing rural and residential roads in the county damaged by extreme weather, continued at pace throughout June.

So far (up to June 30, 2014):

251,862 square metres of road surface have been repaired, the equivalent to about eight Silverstone F1 race circuits;

18,864 tonnes of road material has been laid – equivalent to the weight of 16,985 Ford Fiestas;

194 sites across West Sussex have been resurfaced, repaired or surface dressed; and

27.56 miles of road surface has been repaired.

John and Sheila Smith, of Selsey, were happy with the work completed in their village.

John said: "After suffering very badly from the damaged roads here in Selsey we want to say how delighted we are with the enormous input the County Council has made and the resultant brilliant new road surfaces.

"The work has been so well organized and the final result has made a vast difference to our daily lives both visually and for usability.

"The High Street and the other roads you have resurfaced give a whole new feel to the old town."

He added: "Thanks to all who contributed to a very well done job!"

West Sussex County Council's Acting Cabinet Member for Highways and Transport, John O'Brien, said: "It is encouraging to see how well the 'Better Roads Programme' is being received by residents across the county.

"People are acknowledging the disruption these works cause is a consequence of the improvements being made to our road network.

"We thank everyone for their patience."

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Charity duo pedal to JOGLE success

Ken (left) and Simon presented with their cake

FRESH from their John O Groats to Lands End bike ride for charity, Simon Hutchins and Ken Wheeler were both given a surprise presentation at the Aldingbourne Country Centre, and presented with a bespoke celebration cake and champagne. The cyclists have raised in excess of £2,000 and the Trust wish to thank them for their amazing achievements in cycling the length of the UK, colleagues gathered to present them with a 'JOGLE' cake and champagne, and give them three cheers.

Simon, from Chichester, and Ken, from Horsham, both undertook the challenge of a lifetime in the first two weeks of June and completed the famous 993 miles in just 12 days. Fortified by cooked English breakfasts each morning, they rode on average 70-90 miles a day, endured amusing tan lines, blisters, four punctures, swallowing flies, treacherous towpaths and never ending hills. But the weather was decent and they got to enjoy the classic sights and landmarks of Britain.

They were raising money for West Sussex charity – Aldingbourne Trust which supports adults with learning disabilities. Both have links to the Trust, Simon is the Aldingbourne Country Centre Manager and Ken volunteers and provides health & safety training for the staff.

"The third day was the hardest for me," said Ken. "My knees were causing me some pain and I wondered if I could make it. But once I broke through that half way point, the journey was a lot easier. We had a great time and met some lovely people, I have ticked something off my bucket list. Thank you to everyone who supported us."

Simon commented: "As Ken said, thank you to everyone who supported us and sponsored us. It was a fantastic experience, riding together meant we provided each other with support to make sure we completed the journey, although I was not aware of Ken's knee problems – he bravely endured the pain. The presentation was a great surprise and our JOGLE cake was a work of art!"

The pair's sponsorship page is still open to donations, so if you would like to show your support for their strength and determination please visit: mydonate.bt.com/fundraisers/kenandsimon.

For more information about the Aldingbourne Trust please visit their website: www.aldingbournetrust.co.uk.

New safeguarding website launched in West Sussex for parents and professionals

THE WEST SUSSEX SAFEGUARDING CHILDREN BOARD (WSSCB) has launched a brand new website.

Packed with information, the website – www.westsussexscb.org.uk – provides an easy reference point for professionals and Board members.

There are also sections for parents and carers, as well as children and young people. These provide guidance on a number of issues including how to cope with bullying and online abuse.

It also has advice on what to do if you are concerned about a child or young person that you know.

Young people in West Sussex have been actively involved in the development, giving their opinions on what they want to know and how they want to access information.

Jimmy Doyle, Chairman of the WSSCB, said: "The new board website is independent of the websites of our partner agencies.

"It was designed to supply easily accessible information for professionals, parents and children on a variety of safeguarding issues, such as abuse and bullying and cyber bullying.

"It provides advice on what you should do if you are worried about a child's safety, as well as giving tips on how children and young people can stay safe online."

The new website can be found at www.westsussexscb.org.uk. Visitors can also sign up to receive instant updates and latest news alerts by email.

West Sussex Safeguarding Children Board

Big Brother care homes could be another special measure

Allis Moss

On the Case

By the time you read this, there are likely to be changes confirmed to the way we oversee care homes. The system of putting an establishment in 'special measures', already used to rescue failing hospitals, is due to be rolled out to bad care homes.

As part of changes, there'll be a ratings system of 'inadequate' to 'outstanding'. It seems to be making things more transparent, so it's got to be a good thing, right?

Nowadays, everything, from exam results to a hotel room, is based on being 'rated'. Our whole existence is one giant league table. How reliable is that? I know I've eaten in a hotel with a top score of 5 for hygiene, where I saw a server pulling cling-film wrapper from buffet dishes with his teeth after I'd eaten the food for breakfast. I went down with a dickey tummy the same day but the food safety inspector insisted on it keeping its rating. In an open rating system, there's room, too, for taking swipes at competitors.

What about care homes?

I worry there's a risk we might end up with care home league tables like English football, the premiership charging the most for transfers and folk with less having to settle for average care. You don't want to have to pick your way through either, you want to know there's a consistent standard of good care, that society will tolerate nothing less. But we live in the real world. Behind the jolly packaging and corporate facades there have been examples of how truly inhuman care in some homes has been. Even more unnerving, it could be the tip of the iceberg. The man handling and meanness we've seen dished out to residents caught on a hidden camera in investigative TV programmes outrages us. But how many of us with elderly or vulnerable relatives can place a hidden camera in the room? Some of us might not know how to or have the opportunity. And there's always the fear that if you create waves it could rebound on your loved one. Who knows what happens when you or the camera aren't there?

Big Brother

One suggestion is to put cameras officially into all the rooms so care staff know they are always being monitored. No more clean sheets only when the inspector or relatives come calling. Are we prepared to trade a complete invasion of privacy for such reassurance? Maybe only if a care home goes into special measures, or, perhaps, not even then.

I know a builder in Chichester, let's call him Patrick. His day is built around visiting his stepmum, who worked for the Resistance in occupied Europe in the Second World War. Whether he's in work or not, he calls at meal times because "if I don't go there and make sure she eats, no one will." Patrick says food is just left on the side otherwise and she doesn't eat, when all he does is take a spoon and feeds her and she eats. Patrick tells me he also has to remind staff to administer pain-killers. If he jogs memories at 1pm it might be done by 4.

There are excellent and dedicated care staff out there too – I've met some of them. But, too often, it seems those with minimal credentials and training are caring. And if the wages are low and resources stretched with long shifts, staff can't take time with residents. Can the changes root out the rot? Both industry and patient organisations seem to have doubts about their effectiveness though all agree, anything that can show up bad care is a good thing. For me, if putting a home in special measures could mean it has to close, that's better than it continuing to doll out bad care to vulnerable people who have almost no say in what happens to them. But to my mind, the system needs a complete overhaul.

Me old china Millie

My Great Auntie Millie was 'salt of the earth' as my Cockney gran would have said. She was bedbound but absolutely indomitable, with jangling earrings and coquettish plastic combs in her hair until the day she died. Millie loved being independent, in her beloved little flat with a far-off view of the river in south London, and always resisted suggestions about going into a home. It was only at the very end that she agreed to.

Maudie

I love nosing around second hand bookshops. The other day, I chanced upon a copy of 'The Diary of a Good Neighbour, written' by Jane Somers, a completely fictitious person created by Nobel Laureate Doris Lessing, who published it under the pseudonym to see what treatment a 'new' author got. Hilariously, in her intro to the book after she later revealed her identity, Doris said they pretended the invented Somers was a well-known journalist "it was enough, it seems, to say it for people to believe it." It's about an old woman with a witch's chin called Maudie, who doesn't want to go into a home, and a surprising friendship between Maudie and the main character, who – up till then – has been a complete egocentric.

It got harsh reviews at the time.

Contact Allis: allis.moss@chichesterherald.co.uk

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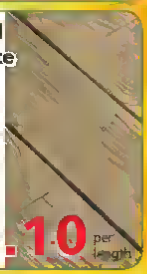

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Celebration event marks 10th anniversary of citizenship ceremonies

A SPECIAL CELEBRATION marking the tenth anniversary of Citizenship ceremonies took place on Wednesday at the Weald & Downland Open Air Museum.

Citizenship ceremonies have been an undoubted success over the past decade, designed to celebrate and welcome new citizens who have successfully applied for British Citizenship.

Since its inception, West Sussex has welcomed almost 20,000 new citizens into the county who were born in a variety of countries ranging from Australia, China, India, Somalia and the United States.

In order to obtain citizenship, all aspiring Citizens must complete a life in the UK test which features questions about British History, traditions and customs, as well as knowledge of the English language.

Additionally, said citizens are also required to meet a five-year period of residency, as well as being of sound mind, good character and wish to continue living in the UK.

All successful new applicants over 18 are required to attend a ceremony within 3 months of their application being successful if they are living in the UK at the time, where they receive their Citizenship Certificate.

Lord Lieutenant Susan Pyper said: "Whenever I have attended a Citizenship Ceremony over the past 10 years I am always struck by the significance of the occasion for those attending, particularly with their families.

"For many it is the end of a journey, sometimes an extremely painful one, and a new beginning, in a new country. To have welcomed so many to our county of West Sussex is indeed a cause for celebration."

27 new Citizens and their friends and families were welcomed by Nigel Peters, the Vice Chairman of West Sussex County Council, and delegates from the Lieutenancy including the Deputy Lieutenant Margaret Johnson, who officiated at the first West Sussex Citizenship ceremony in 2004.

West Sussex County Council's Deputy Chairman, Nigel Peters, said: "The ceremony is immensely significant, as it represents the start of a new life for the families involved.

"Taking Citizenship of a country that you want to call home is one of the biggest decisions that anyone can make and it is an honour to be able to participate in something so important in an individual's life."

Stephanie hands over the chains

AFTER A YEAR in the post, the President of Chichester Harbour Rotary Club, Stephanie Crowther handed over the chain of office to incoming president, Bob Rendall.

Bob was a founder member of the Club and it will be his second time as President.

The event was held in a marquee at Lavant House School when those attending enjoyed a hog roast lunch followed by dancing. In her speech Stephanie said how much she had enjoyed her year. 13 fund raising events had taken place (plus collections at Christmas) and a number of charities had benefitted from this including The Women's Refuge, Families in need in Chichester, St Richard's Hospital Neo Natal Unit and the Coco Foundation.

The club had certainly lived up to Rotary's motto, 'service before self'. Among other activities the club had enjoyed a golf evening, visits to The Mary Rose Exhibition, Chichester Cathedral (behind the scenes) and their Twin Club in Holland.

Bob paid tribute to Stephanie saying she had been a very hard working and popular President and he looked forward to the forthcoming year.

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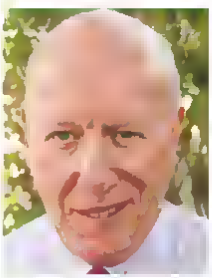

Town Councillor John Fletcher came up with the idea of an Internet Radio podcast

SELSEYNOW has its own community radio station, although some folk are finding it difficult to tune in to SIR – Selsey Internet Radio. This is hardly surprising because you can't use a radio to tune in, you need a computer!

S I R – Selsey Internet Radio came into being about two years ago. During June 2012, when the nation was celebrating the Queen's Jubilee, many Selsey residents claimed they didn't know what was going on. Town Councillor John Fletcher came up with the idea of an Internet Radio podcast to ensure that information was properly shared throughout the community.

The first podcast was produced in July 2013. The original equipment was sponsored by Highhouse Insurance and training provided by Aztec Computers which enabled the first volunteers to record an interview about the Selsey Festival.

Since then more than 50 general podcasts have been produced, ranging from 30 minutes to an hour and these have contained celebrity interviews, gardening tips, recipes, short stories, play readings, music, news and entertainment slots and lots more.

Young people then decided they wanted their own youth podcast and this is now produced by Lisa Spencer a journalism student at Highbury College and is available during the first week of every month.

John Fletcher told the Chichester Herald: "We have had great help from local FM radio stations. More than 20 volunteers are now involved. Monthly meetings plan the programmes, Thursday at Snak Shak is recording day followed by editing, review and broadcast to complete the cycle.

"The team is always growing," said John, "and we are always looking out for people to conduct interviews, participate in discussions, and for others who'd like to help edit the podcasts.

All those interested should contact John by calling 01243 603750.

Recent podcasts have concentrated on the Park Farm Development which may introduce an ASDA store and petrol filling station to Selsey. Retailers and the shoppers are equally divided over whether Park Farm would bring new prosperity to the High Street and fierce debates have now been raging for two months.

There are small signs that the numbers of those in favour of the development are increasing, but whether Park Farm goes ahead or not, there can be now doubt that Selsey shop-keepers are co-operating and determined to bring new life into their High Street.

There is talk of research into what shops residents would like and the possibility of a weekly street market is also being discussed.

Next month Selsey Radio will introduce a new podcast especially for those with impaired vision. Readers will select news items from newspapers like the Chichester Herald to be read out so that those who cannot read can keep up with local news.

You can only hear the weekly SIR podcast by visiting the SIX - Selsey Information Exchange website www.selseyinfo.co.uk. When you're on site, click on either of the Podcast or Selsey Internet Radio buttons, and listen to the voice of Selsey which changes once a week.

Selsey Youth Dream receives funding boost

SELSEY YOUTH DREAM has received a grant of £4,018.00 from the Police & Crime Commissioner's Safer in Sussex Community Fund.

Mike Nicholls joined the Police & Crime Commissioner, Katy Bourne and representatives from over 20 other local organisations who had also been awarded funding at a special Celebration Showcase event held in Lewes on Thursday 19 June.

Commenting on the funding award Mike Nicholls said: "We are delighted to have been awarded this grant from the Police & Crime Commissioner's Community Fund, which will help Youth Dream work in Selsey."

Commending Youth Dream on its successful bid Mrs Bourne said: "Youth Dream is a great example of an innovative local project that aims to make our communities safer. The Safer in Sussex Community Fund was launched to help communities tackle crime and disorder and I am very pleased with the level of response we received during the first round of applications.

"I look forward to visiting the team in Selsey and following the progress of the project over the coming months."

Mike Nicholls from Youth Dream receiving funding from Sussex Police & Crime Commissioner Katy Bourne

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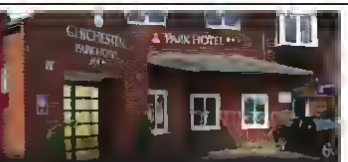

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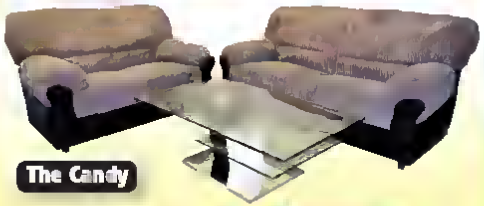

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National News

News in Brief

• THE NUMBER of births in England and Wales fell in 2013 by the largest annual amount in nearly 40 years, official figures show. The Office for National Statistics said live births decreased from 729,674 to 698,512 in 2013, down 4.3% which is the biggest fall since 1975. The average age of mothers was 30 compared with 29.8 years in 2012. More than a quarter of live births were to mothers born outside the UK, an increase to 26.5% compared with 25.9% the previous year.

• A high-ranking friend of Cyril Smith tried to warn off police investigating claims that he had been sexually abusing boys, a report reveals. A senior detective investigating the claims against Smith said a magistrate made "veiled threats" to officers. The detective's 1970 report to the Chief Constable of Lancashire said there was "prima facie" evidence of the MP's guilt. The Director of Public Prosecutions later advised against prosecuting.

• Hundreds of bird watchers have flocked to the Norfolk coast in the hope of catching a rare glimpse of a migratory great knot in Britain. The elusive wading bird, more at home on the Australian coast, has only been seen in the UK on three occasions since 1989, experts said. It was first spotted on Breydon Water, near Great Yarmouth, on Sunday evening.

• Singer Tulisa Contostavlos helped supply cocaine to an undercover reporter after he promised he could help her break into the movie business, a court heard. Sun on Sunday reporter Mazher Mahmood posed as a film producer and told her she could get a part in a film starring Leonardo Di Caprio. Her rapper friend Mike GLC supplied the drug at London's Dorchester Hotel. Miss Contostavlos, 26, denies helping to broker the drug deal.

• A British cyber jihadist has been sentenced in a US court to 12-and-a half years' imprisonment after admitting terrorism offences. Babar Ahmad, of Tooting, south London, had admitted conspiracy and providing material to support the Tahban. Ahmad has already spent almost 10 years in prison in the UK and US and his lawyer thinks he could be released in about seven-and-a half months.

Nurse 'found children interesting as food'

Dale Bolinger had fantasies as a boy about kindergarten staff eating girls

A NURSE who allegedly planned to meet a girl of 14 so he could eat her told police he found children interesting as a food source, a court has heard.

Dale Bolinger, 57, had a computer disc containing an image of a girl on a serving plate with an apple in her mouth, Canterbury Crown Court heard.

He said he thought about cannibalism from the age of six but his interest was all "in fantasy", the court heard.

Mr Bolinger denies attempting to meet a child under 16 after sexual grooming.

Jurors have heard he used an online network to discuss beheading and eating women and girls for sexual pleasure.

The court heard he had online chats with someone he believed to be a 14-year-old Mexican girl called 'Eva' who lived in Germany, about killing and eating her.

But he told police he was so concerned after the chats that he believed her to be at risk, and that was why he travelled to Ashford International station to meet her, the trial was told.

When questioned about images found on a disc at his home, Mr Bolinger told police: "I do not find children sexually attractive but I do find them interesting as a food source."

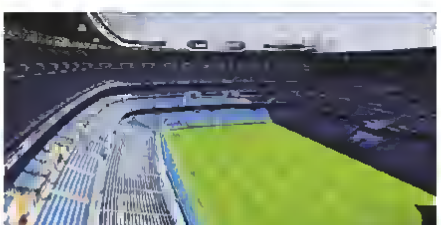
But he also told officers: "At no time have I ever killed, kidnapped, taken or eaten a person."

Jurors were told when he arranged to meet "Eva" during chats on the Dark Fetish Network (DFN) website, they had discussed him killing her with an axe and eating her.

The court heard Mr Bolinger bought an axe from Homebase but he told police he had bought it to remove two tree stumps from the side of his house.

Defending Mr Bolinger, Paul Jarvis said: "There is not a single piece of evidence from the family home to say that anyone met their death there or has been consumed at the property."

Real Madrid 'most valuable sports team'



SPANISH FOOTBALL CLUB Real Madrid has topped an annual Forbes list of the world's most valuable sports teams.

The club, who won the Champions League in May, is worth an estimated $3.44bn (£2bn), Forbes said.

The top three slots are occupied by football clubs, with Barcelona in second place at $3.2bn, and Manchester United third, with a value of $2.81bn.

Forbes calculated the value of the teams based on equity, debt and stadium deals.

NFL teams fill 60% of the top 50 slots, occupying 30 places.

The 20 non NFL teams in the top 50 include six from MLB, eight from football, four from NBA basketball, one from the NHL ice hockey league and one from Formula 1 motor racing.

Forbes calculates that the average value of the top 50 teams is $1.34bn, an 8% increase on last year.

Baseball team the New York Mets are one of three teams that dropped off this year's list of the top 50.

The other two to fall out of the list are also familiar names, the Oakland Raiders from the NFL and F1 team McLaren.

Proud letter goes viral

A LETTER sent to pupils at a Lancashire primary school along with their key stage two test results has gone viral on social media sites.

The letter to pupils at Barrowford Primary School in Nelson told them the tests do not always assess what makes them 'special and unique."

It has been posted on Facebook, Twitter and featured in national newspapers.

Head teacher Rachel Tomlinson said she had been "absolutely astounded" by the reaction in social media and elsewhere.

Mrs Tomlinson said she found the letter on a blog from the US posted on the internet.

It tells pupils the school is "proud" of them as they have demonstrated a "huge amount of commitment and tried your best during a tricky week."

But it adds that "these tests do not always assess all of what it is that make each of you special and unique."

The people who drew up the tests, it says, 'do not know each of you... the way your teachers do, the way I hope to, and certainly not the way your families do'.

These people do not know "you can be trustworthy, kind or thoughtful, and that you try, every day, to be your very best", it continues.

The letter finishes by telling pupils to "enjoy your results" but to remember that 'there are many ways of being smart'.

Chichester Business

Tipping point?

I have recently returned from a holiday overseas, where tipping is customary and in fact, big business Whether it was the taxi cab, the waiter or the tour guide, it was expected and necessary to tip, and to do so in note form.

Tipping with coins, folded or slightly grubby notes was deemed rude and insulting Guidelines were provided by the tour operator on the requirement to tip and, just like ensuring I never left the accommodation without my mosquito spray, I always made sure I had small change, in clean note form, as I travelled

This new behaviour got me thinking about how different we are with this custom in our country It's not something we really enforce and in fact, it feels as though it's almost disappeared as a thoughtful action of appreciation Or, is it one that we just simply can't afford?

On the one hand, tipping can be problematic. It can be deemed to create classes, that of the customers, and that of the service workers But on the other hand, I remember working as a waitress whilst studying and I relied quite heavily on the tips I earned The work was hard, I was on my feet for very long shifts trying hard to keep the bright and welcoming helpful smile on my face that the customers expected There were shifts where I'd earn the equivalent, or more, of my shift wage and those tips made the hard work hurt a little less

Now it's more common to find restaurants that impose a service charge on customers, where a percentage of your spend in their establishment has already been decided upon by management as an additional payment to staff

Personally, I like to still have the choice to tip and to decide myself how much

I remember reading this story about how a relationship came to a premature end, after a low tip was paid

A young man and woman were sitting in a restaurant in New York, enjoying their second date The man paid the waiter the bill and headed to the bathroom, whilst the woman gathered her things "How much did he tip?" she asked the waiter He told her When the man returned to the table, there was an angry exchange and she said she didn't want to see him again It was a tip of 8.5% brought that ended that romance!

In most cases I also think more people tip out of social obligation than because they want to People part with money they would rather keep, creating a drain on social welfare and possibly happiness

In the UK we can generally choose if we wish to tip, or use the phrase 'keep the change' when we feel it's right to but in countries like Thailand, Egypt, Morocco, South Africa and Tunisia, they all commonly practise it. It's part of their expectation By contrast in Singapore, tips are supposedly illegal, whilst in Fiji, Iceland and Japan, they will cause embarrassment and offence.

After my experience, it's opened my eyes to thinking about showing my appreciation for good service received at home. I can be quick to complain and pick fault but I am certainly less efficient with ensuring I show my appreciation when I am happy Food for thought

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column. e: Kylee@MindeeyeManagement.Com @MindeeyeMgmt

Record numbers at West Dean's brand new Design and Craft Fair

OVER 5,000 people flocked to West Dean's first ever Design and Craft Fair last weekend The brand new event showcased the very best the College has to offer Over 700 visitors hooked places on creative taster workshops, which ran throughout the three days, to learn a new craft and take away their own unique piece of art or craft from textiles to pottery, jewellery, willow work, printmaking and more Visitors took advantage of free talks and demonstrations by West Dean tutors in the Creative Hub, including professional florist Sue Hingston, Master Weaver, Phil Sanderson and Matthew Read, Clocks Conservation Programme Leader.

Alison Baxter, Head of Creative Enterprise at the College commented "People of all ages and abilities took part in our creative workshops, many of whom had never been to West Dean before We hope to welcome many of them back on one of our short courses, now that they have had a taste of what we offer"

80 high quality designers and makers from Sussex, Surrey and Hampshire, displayed and sold their unique work in the market place, curated by the successful team behind MADE London and Brighton.

"Lovely to have a local craft event," said a visitor

Tickets to the Design and Craft Fair included free entry to the award-winning Gardens at West Dean, with visitors enjoying the chance to view the newly restored Sunken Gardens Jim Buckland, Gardens Manager and Sarah Wain, Gardens Supervisor gave walks and talks in the Gardens on Friday and Sunday afternoons The Vintage Team Room on the lawns offered Afternoon Cream Teas where visitors could relax and enjoy the stunning weather

A visitor summed it up, 'It was a perfect day out and congratulations on organising the sunshine!"

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To apply for this role please forward your CV to Carer Position, Westhampnett House, Stane Street, Westhampnett, PO18 0NT Or email CV to admin@westhampnetthouse.co.uk

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Carte Blanche Group on the International Fast Track

CHICHESTER BASED Carte Blanche Group today announces that it has achieved a coveted place in the fifth annual Sunday Times HSBC International Track 200.

As the largest privately owned greeting card publisher in the UK, Carte Blanche Group is best known for the much loved Me to You brand and its signature character, Tatty Teddy. Founded in 1987, Carte Blanche has grown from strength to strength, acquiring a number of greeting card brands, as well as branching out into gifts and toys and licensing its award winning brands with commercial success on an international scale.

Published this weekend, the Sunday Times HSBC International Track 200 league table ranks Britain's private companies with the fastest growing international sales. This year Carte Blanche Group makes its debut into the awards. Ranked No 173, Carte Blanche boasts 24% growth in international sales over the past two years.

Carte Blanche International Sales and Licensing Director, Marc Dubery, comments: 'Solid growth has come from a number of key markets including France, German and South Africa, as well as through the opening of our subsidiary offices in Australia. However, much of the growth we see is from our Russian market, where consumers have truly taken the brand to their hearts. We expect this growth to continue into 2015 and beyond as a number of key retailers are investing in dedicated Me to You areas in their stores across both our own proprietary product and our licensing range for a complete brand experience.'

There are 25 companies in the Southeast (compared to 30 last year) and they have made a significant contribution to the regional economy over the last two years. During this time they added 14,480 jobs and now employ a total of 87,090 people. Their combined sales are £2.9bn, and their international sales have grown by an average of 53% a year over two years to a total of £1.1bn.

Ian Stuart, Head of HSBC UK Commercial Banking, commented: 'The Sunday Times International Track 200 continues to provide an interesting insight into the important contribution privately-owned mid-market companies make to the UK economy, and this year's league table symbolises the dynamism and innovation this group of companies with international ambitions are famed for.'

John Wilks, Carte Blanche Group's Finance Director continues: "We are thrilled to be recognised in the Sunday Times HSBC International Track 200 for our growth and achievements in expanding our business outside of the UK, as this has been an area of strategic focus for us with both our proprietary and licensed products. Me to You is a brand that truly transcends not only generational boundaries but also cultural and language barriers too and this latest honour is testament to the strength of our products and brands."

Covers is the leading light in home improvement

COVERS HOME IDEAS, located at the Covers Timber & Builders Merchants depot in Chichester and open to both trade and retail customers, has recently added a dedicated lighting showroom to its comprehensive line-up of specialist lifestyle and home departments.

In response to numerous customer requests, the new showroom features a broad range of quality lighting products by the UK's leading lighting supplier, Searchlight Electric Ltd. Offering everything from pendant and wall fixtures to lamps, track and spotlights, as well as an array of outdoor lighting solutions, there is an excellent selection of styles ranging from contemporary through to quirky and traditional.

Ross Rablin, Branch Manager at Covers Home Ideas in Chichester, commented: 'We always like to take on board our customers' feedback and, in the past, many of them had enquired about a lighting range. Since Covers Home Ideas already had a broad selection of home products — including a garden shop, kitchen and bathroom showrooms, specialist flooring, plumbing, furniture, décor and eco departments — the logical development was to complement this by adding a lighting department so that we're truly a one-stop home improvement store. We like to think we stand out from the crowd as we openly welcome trade and members of the public to the showroom, and we have knowledgeable experts on site to provide detailed advice. And for our customers who seek a particular home item, and can't find what they need at our depot, then we will do everything we can to source it for them within a couple of days.'

For more information about the new lighting department, or for general enquiries about Covers Home Idea, please call 01243 792445. Covers Home Ideas is located at Quarry Lane Industrial Estate, Chichester, PO19 8PE.

Chichester votes for traditional chocolates at Maison Blanc

CHICHESTER'S MAISON BLANC has undertaken a survey to lift the lid on the chocolate tastes of its customers.

After seeing a continued rise in the sales of its hand crafted chocolate boxes, the local patisserie and boulangerie undertook a week long tasting in a bid to find out which flavours excite the palates of its customers the most.

The most popular flavour profile, receiving a third of all votes, was the 'Heritage', a traditional and nutty indulgence of hazelnut and almond praline filled with crunchy nutty pieces. The second most popular was the 'L'Orange' – an orange liqueur truffle made with almond praline and dark intense couverture chocolate, for which 22% of people voted as their favourite, and the third most popular was 'Lavender' – a smooth truffle decorated with organic lavender flowers.

Shop manager, Stephane Barron said: "It has been great fun carrying out these tastings with our customers and these results really highlight that people in Chichester have a diverse range in tastes, with three very different varieties coming up in the top three."

Sebastien Boulanger, Chief Patissier at Maison Blanc, said: "There is definitely a rising national trend of people opting to spend more on luxury chocolates and indulging in some 'everyday glamour', in preference to the cheaper high-street options, and customers seem to prefer to pop in to somewhere special to buy them rather than going to the supermarket. Trends also show that consumer palates are becoming more sophisticated, and that artisanal chocolates are also being bought more widely. The results of our tastings in Chichester definitely match these patterns.

"It's interesting though to find that there are some trends that our Chichester customers don't align with, such as the rise in popularity of sweet and savoury combinations with ingredients such as salt and olive oil etc. The majority of our customers quite evidently seem to prefer the more traditional and fruity flavours."

If you didn't get to join in the chocolate tastings at Maison Blanc and would like to try it's hand crafted selection, you can pick up a box of 16 or 24 beautifully presented ganache chocolates in store or online, with flavours ranging from green tea to framboise citron to passion fruit and mango, for £10.99 and £24.99 respectively.

Boost for local businesses announced this week

BUSINESSES across West Sussex have been given a welcome boost this week with the return of a £600,000 fund designed to help support the local economy and create jobs.

The money is part of West Sussex County Council's 'Be the Business' programme, which supports micro, small and medium sized businesses across West Sussex.

Its aim is to help those with a great business idea start up a new enterprise in West Sussex, offer established companies an opportunity to grow their business and help create new jobs in the county. It also contributes to promoting West Sussex as a good place to do business and encourages businesses to relocate to the county.

Previous grant recipients include Worthing based food producers Piglet's Pantry, who were able to offer existing part-time staff full time positions, allowing them to expand their business. The funding will also help to create new jobs as the business grows including roles for apprentices.

'Be the Business' has also encouraged EJ Bespoke Furniture to re-locate to Botham in West Sussex, creating new jobs in the Chichester area and providing opportunities for apprentices from Chichester College. The grant has allowed them to set up a flagship workshop in the county after they outgrew their East Sussex premises.

To qualify for a grant, applicants must be located in West Sussex and, if applicable, be paying business rates there. Alternatively they could be about to start up a company in, or be planning relocation to, West Sussex. Grants of up to £25,000 are available and businesses will need to provide 50% match funding.

West Sussex County Council's Leader, Louise Goldsmith, said: "Boosting the local economy and creating jobs is one of the Council's top priorities, and anything we can do to help create the right conditions for economic growth is a step in the right direction.

"Last year's 'Be the Business' grant fund was extremely popular, and provided valuable support to a diverse range of businesses across the county. I hope that we see the same level of interest this year, and that companies will come to us with a range of interesting and innovative and plans to help us nurture a strong and diverse economy in West Sussex."

The closing date for applications is 5pm on Monday, September 15.

A programme of support will be available to guide businesses through the application process, and to help them achieve their aims if they are successful in their applications.

For more information on the support available as well as the grant guidelines and application form, please visit www.bethebusiness.org. Alternatively email info@bethebusiness.org.

WSCC is working with Sussex Enterprise and Brandum Support Ltd to deliver the 'Be the Business' programme.

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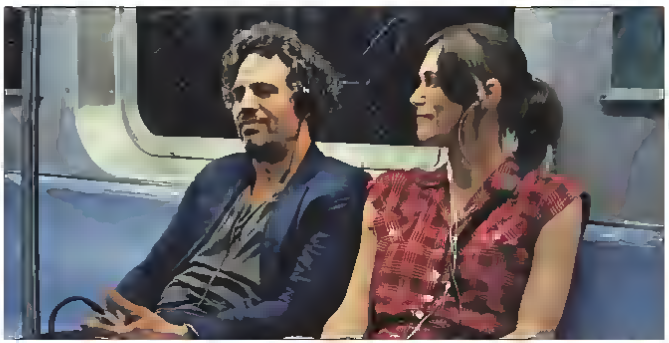
Cinema Review: Begin Again



Begin Again (15)
Running time: 104 mins
Director: John Carney
Starring: Mark Ruffalo
Keira Knightley, James Corden,
Catherine Keener, Hailee Steinfeld,
Adam Levine

★★★★☆

A jaded music biz executive bonds with a singer in this poignant romantic comedy from the director of 'Once'. Aging, out of touch music industry veteran Dan (Mark Ruffalo) has just been fired and is drowning his sorrows. Meanwhile, shy British expat singer/songwriter Greta (Keira Knightley) is cajoled by her busker pal Steve (James Corden) into performing at an open mic session in the same New York bar. Despite being drunk, Dan recognises a great talent when he hears one and hatches a novel plan to record an album. Matters are complicated by the fact that Greta's fellow musician ex-boyfriend Dave (Adam Levine) has become a big rock star. This is another witty, moving and romantic hymn to the healing power of music from John Carney, writer/director of the much-loved, multiple award-winning 'Once'. Keira Knightley reveals her lovely singing voice, while Maroon 5 frontman Adam Levine makes his feature film acting debut.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Adam Levine fronts which American band?**

A. MAROON 5

B. TRAIN

C. THE FRAY

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 22nd July 2014 at midday. The winner will be notified later on that day. Last week's winner was Sarah James from [illegible]. [illegible] competition terms and conditions apply.

cineworld
Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Cricket set for Goodwood House

Andrew Caddick, the former Somerset & England bowler will be appearing at Goodwood

ON TUESDAY 29 JULY the Lord March's Racing XI vs Lord's Taverners XI annual cricket match will take place in front of the magnificent Goodwood House.

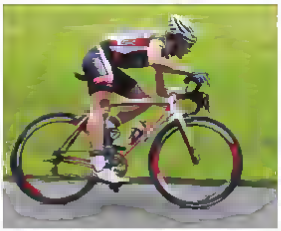
The game will be 20 overs per side and will take place approximately 30 minutes after the last race on the opening day of the Glorious Goodwood meeting. The match has been organised by the Lord's Taverners, The UK's leading charity cricket club, which helps give young people, particularly those with special needs, a sporting chance.

The Lord March's Racing XI will be captained by regular player Johnno Spence of JSC Sport. Despite this match taking place during one of the highlights of the flat racing calendar, jump racing is well-represented by West Sussex Trainer Nick Gifford and Grand National winning jockey Marcus Armytage. The team also includes a number of other trainers such as West Sussex based William Knight, Charlie Hills and trainer Ed Dunlop who hopes that some of his success with horses such as Ouija Board and Court Masterpiece at Glorious Goodwood over the years will continue with bat in hand. The youngest team member at 20 is Henry Lascelles, son of Hugo Lascelles, racing manager to Lady Bamford and owner of Lofts Hall Stud. Oh Bell, front man of dedicated racing channel Racing UK will be making his debut in the Racing XI side along with Ollie Fowlston, auctioneer for Tattersalls, Europe's leading bloodstock sales company. Bookmaker Coral will be represented by Director of Communications Simon Clare and Channel 4 Racing's Carl Hicks, Executive Producer for the show completes what looks to be another strong winning team.

The Lord's Taverners who were defeated in 2012*, look like a formidable team who are ready to regain winning status. Their highly talented side includes former England Test Match captain Chris Cowdrey and Andrew Caddick, the former Somerset & England bowler who boasts 234 test match wickets including 13 five wicket hauls. Another source of wickets is bound to be Martyn Ball who, like Caddick, has been involved in the national side. Next on the team sheet is Neil Smith, an England and Warwickshire all-rounder and Gus Mackay who is another internationally-capped, player having played for Zimbabwe in 2000-2001 during their tour of Australia and New Zealand. With a new ball and with Andrew Caddick bowling the other end, the Taverners opening bowling looks incredibly dangerous. An international is something, but a World Champion is another thing altogether. Fortunately for the Racing XI Mike Tredgett did not gain this achievement playing cricket but playing Badminton instead, however, there are a lot of transferable skills that could prove very handy. Felix Francis, responsible for continuing the series of successful Racing thrillers started by his father Dick Francis, is another taking to the field.

The cricket match is free to attend and will follow a full card of racing action from the first day of Glorious Goodwood. Tickets start at £14 and for more information please visit ticket.office@goodwood.com or speak to a member of the dedicated sales team on 01243 216610.

Are you ready for the Tour of Britain?



HOT ON THE HEELS of the Tour de France, the 2014 Tour of Britain cycle race is coming to wind its way through West Sussex, East Sussex and Brighton on Saturday, September 13

The event, featuring some of the best professional cyclists in the world, is free for all spectators to watch

The Sussex leg is the penultimate stage of the race and will begin in Camberley, Surrey, at 10am

The peloton is expected to enter West Sussex about an hour later and will spend almost two hours racing across the county before entering East Sussex and finishing in Brighton

Organisers estimate the race will pass through the following locations at the following times (subject to change)

Kingsley Green – 10.54am,
Fernhurst – 10.56am,
Easebourne – 11.05am,
Tillington – 11.17am,
Petworth – 11.20am,
Wisborough Green – 11.33am;

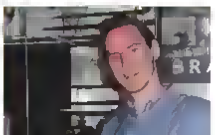
Further details about the route will be released nearer the time

West Sussex County Council leader Louise Goldsmith said: "It is exciting to be hosting the Tour of Britain through West Sussex.

"As we all saw with the Grand Depart in Yorkshire for the Tour De France, cycling generates extraordinary interest from the public and we hope to witness something similar when the Tour of Britain passes through here

"We want to welcome as many visitors to West Sussex as possible to enjoy the race"

Discovery event hopes to uncover local WW1 stories



Kerill Winters Exhibitions Officer at The Novium with one of the WW1 artefacts

LOCAL RESIDENTS with stories and artefacts from World War 1 are being invited to attend a special event held at Chichester's Guildhall on Saturday 26 July, between 11am and 4pm.

The Novium Museum in Chichester wants to discover and record World War 1 stories and artefacts that have links to the Chichester District. The museum is keen to see any photographs, medals, diaries, military equipment, or trench art

"This year, we launched our 'Great War Brought Home' exhibition, to mark the hundredth anniversary of the First World War. This brings to life the experiences of local people whose personal stories reveal the impact of World War 1 in the Chichester District. Many of our visitors have shared their family stories relating to this time and we are keen to officially record these," says Cllr Myles Cullen, Cabinet Member for Commercial Services at Chichester District Council.

"The museum team wants to build on what they have already achieved through this important exhibition. It is incredibly important that we make sure that future generations never forget what their ancestors did for them. This event will help us to preserve stories and artefacts that we can continue to share with people for many years to come."

The exhibition has a specially recreated officer's trench that people can peek in and view the cramped living conditions. Visitors can also try on a range of soldier's helmets and period costumes and they can view archive footage from the time and hear from one of the soldiers who served in the war.

"The exhibition has really helped to tell the local story of World War 1," says Kenll Winters, Exhibition Officer at The Novium Museum

"Many people were unaware of the different people and locations within the district that played such an important role. The stories that visitors have shared with us have inspired us to hold this event, so that we can record these memories for years to come. We would encourage anyone who is willing to share their stories to come and join us at The Guildhall in Priory Park."

To find out more, please visit www.thenovium.org or call 01243 775888.

A supercalifragilisticexpialidocious evening of music and song

RAISING MONEY for a Chichester schoolgirl who is suffering with a rare form of cancer, a glorious celebration of Disney music and song will take place at Chichester Baptist Church in Sherborne Road on Monday 21 July at 7pm.

Chloe Ferris is just five years old and, before she became ill, loved to sing. Hoping to beat her illness and continue singing, Chloe's story inspired local singing teacher Julie Oldman to put together a programme of Disney classics, which will be performed by a talented cast that includes her students and the Jessie Younghusband Staff Choir.

Hoping to help raise funds for Chloe that will enhance her quality of life while she undergoes gruelling treatment, entry is by donation and concert-goers can expect all their Disney favourites from films including The Lion King, The Little Mermaid, Aladdin, Lady and the Tramp, Toy Story, Cinderella and many more.

What's On in your local area...

• Following a hugely successful debut in 2013, Valley Challenge 2014 promises to be even bigger and better. The eight mile run, which takes in the three peaks of the Lavant Valley near Chichester, uses the tracks and trails of the glorious Goodwood Estate and covers some of the most stunning countryside in the South Downs National Park. The Valley Challenge is organised by local fitness company and hosts of the ever popular Valley Bootcamp, Milestone Fitness, to raise funds for Singleton Playschool. This year's race takes place on Saturday 20 September, starting at 10am at East Dean Village Hall. The village hall serves as Race HQ and offers homemade cakes and other refreshments, registration, bag drop and a massage station. All finishers will receive a beautifully handcrafted and unique wooden medal from Wests of East Dean and a bag of goodies to say thank you. The race is a challenge but suitable for runners of all abilities aged 17 upwards. For further information or an entry form please visit www.milestone-fitness.co.uk/valleychallenge. If you don't fancy running but would like to support us, we always welcome volunteers to help marshal the race on the day. If you are able to help, please contact Rachel at rachel@rachelcoates.com

• TALK: Sussex Family History Group – Chichester, Wednesday 30th July 2014. "Reading between the lines" is the title of the talk by the well know family historian and "Census Detective" Jeanne Bunting at Sussex Family History Group's Chichester Centre on Wednesday 30th July. Visitors very welcome, entrance free. Book stall and refreshments available. The talk starts at 7.30pm in St George's Church Parish Centre, Cleveland Road, Chichester (entrance behind the church). Parking available. More details 01243 787087 or visit www.sfhg.org.uk

• Chichester Art Society's popular workshops are back again this autumn at Basil Shuppam Centre, Tozer Way, St Pancras (parking and easy access). September 9th sees the return of the popular Figures & Faces Workshops. Portrait Study alternates with Life Study on Tuesday afternoons 1.30-4.30pm. These workshops are overseen by award winning local artist Lucie Cookson and run until November 25th (six of each). Work in your preferred medium. Cost to non members is £11 or £10 if three or more sessions are booked in advance. (Tea/coffee included). On Thursday September 11th 10am-4pm guest artist Graham Cox tutors a workshop for enthusiasts of soft pastels. Moody Views in Pastel. Cost to non-members is £40 and includes all materials and tea/coffee through the day. For more information and to book places, contact the Secretary on 01243 602300 or email jean.campbell@zen.co.uk. Get in quick!

• West Dean House is throwing open its doors to visitors on Saturday 6 and Sunday 7 September 2014. The Grade II listed historic house, and the former home of Edward James, supporter of the Surrealists and founder of West Dean College, is open to the public only once a year. Visitors can experience the Edwardian atmosphere and take guided tours (non hookable) around the magnificent State Rooms and see some of the famous Surrealist art works and objects collected by Edward James throughout his lifetime. The new Sue Tunney for West Dean Collection , inspired by the House and Edward James' collection of objects and surreal art, will be launched at the House Opening weekend. A range of homeware products, developed in collaboration with award winning contemporary Surrealist designer Sue Tunney, the collection has been designed to mark the 50th Anniversary of the founding of The Edward James Foundation, the educational trust that supports the College and will be available to buy at West Dean. A selection of items (fine bone china, silk cushions and silk scarves) will also be available, for an exclusive limited period in store and online from the V&A Shop (5 September – 5 October inclusive), at the Victoria and Albert Museum in London to coincide with the 2014 London Design Festival. Entrance to the House includes access to the award winning gardens including the newly restored Sunken Garden, which re-opened earlier this year. Opening Times: 10am to 5pm. Early Bird prices £8 Adult (gate price of £9 Adult). Children go FREE. Book online at www.westdean.org.uk

• Concorde is a social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree, Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglessocialclub.org.uk or phone 01243 575083 or 01243 604715.

If you would like a non profit or profit charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Could 'Food Capsules' Be The Key To Fighting Britain's Obesity Crisis?

'FOOD CAPSULES' that trick the body into feeling full could help fight Britain's obesity crisis and reduce type II diabetes, scientists have claimed.

The capsules, which may available on the NHS within the next five years, could serve as an alternative to weight loss surgery.

The way they work is simple. Obese and overweight people are believed to ignore fullness cues, which are sent from the lower intestine to the brain.

The food capsules work to stimulate the lower intestine to make the body feel full, mimicking the effects of weight loss surgery.

Lead researcher and Professor of Enteric Neuroscience, Prof Ashley Blackshaw, explained in a statement: 'At the moment, obese patients undergo gastric bypass surgery where they are essentially re-plumbed.

"Undigested food bypasses the small intestine and is shunted straight to the lower bowel where it causes the release of hormones which suppress the appetite and help with the release of insulin.

"That makes the patient feel full and stops even the hungriest individual from eating.

"We believe it's possible to trick the digestive system into behaving as if a bypass has taken place.

"This can be done by administering specific food supplements which release strong stimuli in the same area of the lower bowel.

"It's a bit like sending a special food parcel straight to the body's emergency exit, and when it gets there, all the alarms go off."

The past decade has seen a surge in weight loss surgery, which can cost between £3,000 and £15,000. At the moment around 8,000 people currently receiving the treatment, but that number could be set to rise.

At present weight loss surgery is given to patients on the NHS to those who are morbidly obese with a body mass index (BMI) score of over 40 or to those who have a BMI over 35 and who have another serious health condition – such as type 2 diabetes.

But now NICE is suggesting that people with a BMI score of 30 to 35 should be considered for an assessment for weight loss operations on the NHS if they have been diagnosed within the last 10 years.

Under these guidelines Diabetes UK estimates 850,000 people could be eligible for surgery, but NICE expects it to be tens of thousands.

"Obesity rates have nearly doubled over the last 10 years and continue to rise, making obesity and overweight a major issue for the health service in the UK," said Professor Mark Baker, director of the Centre for Clinical Practice at Nice.

The food capsules could prove crucial in supporting the move by NICE, study lead Prof Blackshaw said of his team's findings: 'It's a totally novel idea, and we're very excited at the results so far. We are hopeful that the treatment will be widely available in NHS hospitals in the next five years.'

Deborah Gilbert, chief executive of Bowel & Cancer Research, which funded the research, said: 'This is leading edge science. Not only could Professor Blackshaw's work have a major impact on the growing problem of obesity and Type II diabetes, but with the link with weight and bowel cancer clearly established, it could have even wider implications."

The findings are published in GUT, the international journal of gastroenterology and hepatology.

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Times are subject to change and are approximate

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Win a meal for 2 at Murrays

Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people every [illegible]

The Chichester Herald will be running a [illegible] competition sponsored by Murrays in [illegible] every week where you have to guess the [illegible]

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Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition email your answer name address and contact number to news@theshiphotel.net

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Tel +44 (0)1243 778000 Email enquiries@theshiphotel.net

Entries close on Wednesday 23 July 2014 at midday The competition is for one winner who will receive meal for two from the Prix Fixe menu There is no cash alternative A winner will be announced by Murrays every Wednesday Entry details may be kept on file Last weeks answer was County Hall Chichester

The Ship Hotel & Murrays Restaurant, North Street, Chichester

Could beer be beneficial?

Denise Kelly

Naturopath c
and Therap st

Summer is well and truly here, and what a fantastic summer we are having. When it is this beautiful in the UK who needs to go abroad. I love it when we can actually plan ahead to have friends over to enjoy the beautiful warm evenings with gorgeous food and a summer tipple!

While red wine is known for containing the anti-ageing plant compound resveratrol, did you know that beer drinkers also get skin-boosting benefits? Made from barley, beer is rich in ferulic acid, a potent antioxidant shown to protect skin from sun damage. This is also found in tomatoes, sweet corn and rice bran, but research from Guy's Hospital in London in 2010 suggests beer contains a more absorbable form. Men given low-alcohol beer absorbed all the ferulic acid present against just 25 per cent absorbed from tomatoes. Studies indicate that darker beers pack a stronger antioxidant punch, which is good to know when you want to make a healthier, more beneficial choice!

Though it's not just drinking beer that health fans love, apparently, Catherine Zeta-Jones uses it as conditioner. She was quoted saying, 'I smell like the bottom of a beer barrel for days afterwards' but it's very good for the hair.

You see, it's the hops in the beer that contain silica which adds lustre, increases hair volume and fortifies the hair from within. A recommended way to make conditioner for the hair using beer, would be to first boil the liquid to remove alcohol, which can strip hair of its natural oils, then mixing it with extra virgin coconut oil and smearing all over the hair for lush shine and body.

Brain improvement

Although beer drinking is usually associated with brain fog, research suggests it might help prevent Alzheimer's. The disease, which affects almost 500,000 people in the UK, has been linked to high levels of aluminium, but the silicon in beer may offset the damage. Silicon is able to reduce aluminium uptake in the digestive tract and slow the accumulation of the metal in the body and brain tissue. But beware of overdoing it - a University College London study warned that men drinking more than two pints a day could suffer memory loss.

Boost your libido

It may not be 'beer goggles' getting people in the mood, the hops in beer are said to have aphrodisiac-like qualities. Hops are a wonderful relaxant and you don't need much to get the benefits! Research shows that the phytoestrogen from hops (oestrogen-like compounds found in plant foods) may help reduce hot flushes, low libido and other symptoms associated with the menopause.

Beer may also even help balance hormones in cases of polycystic ovary syndrome, endometriosis and perimenopause. This will be music to many people's ears! The phytoestrogens help to regulate either hormone deficiencies, or excess oestrogen. However, keep the quantity down, I am not suggesting everyone starts swigging beer every night, but half a pint once or twice a week would be ample to have an effect.

Remember though, everything should always be in moderation! Happy summer!

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her: www.denisekelly.co.uk info@denisekelly.co.uk @DkNutrition 07730671436

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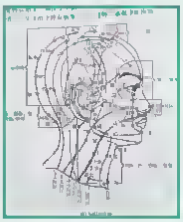

Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practising his profession over 18 years and has his own clinic in Chichester town centre.

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this, having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

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Fashion & Lifestyle

Next removes baby grows from sale after customers spot 'penis' drawings on them

RETAIL FASHION chain Next has taken a range of baby grows off its shelves after customers noticed penis' designs on them

Shane Gallivan, 23, from Bulwell, Nottinghamshire, made the shocking discovery when he was feeding twin daughters Evelyn and Amelia

'He was feeding my daughters when he suddenly said 'oh my god'," his wife Carla, 24, said

"He looked at the baby grow and noticed the trousers were covered in penises

"It just looks like the designer was having a laugh and no one spotted it

"I was angry because it's not the kind of thing you should be dressing a baby in."

Next admitted a drawing of a jumper hanging over a washing line on the outfit looked like a penis but said it was the result of a miss-print

The company confirmed it had received another complaint over the clothing and decided to remove it from sale

"This is an innocent mistake that had not been picked up in the approval process," a statement from Next said

"As it was inappropriate we made the decision to withdraw this item from sale as soon as it was bought to our attention earlier this year."

I'm not raving, I'm saving

- Over five million 18-24 year olds (66 per cent) are saving regularly each month
- Average young savers has around £3,200 set aside
- Less than one per cent say that their financial priority is to put money into a pension

YOUNG BRITONS are bucking the trend of the generation before them by choosing to save rather than spend, according to new figures out today. The findings indicate that over five million 18-24 year olds, approximately 60 per cent of the age group, manage to put money aside each month into savings or investments, each putting aside £204 on average.

According to the Disposable Income Index, a report commissioned by ISA provider Scottish Friendly and which examines saving and spending habits across the UK, the average 18-24 year old has around £3,200 in savings, even though over half (55 per cent), have no set reason as to why they are saving.

Interestingly, while 60 per cent of 18-24 year olds are putting money aside, 44 per cent admit to relying on the Bank of Mum and Dad to help them when their money runs out.

Neil Lovatt, director of financial products at Scottish Friendly, comments, "The report does seem to point to a case of the haves and the have not's, which is understandable at a young age when you are just starting out on building a career. The good news is that those who do have money left over each month are choosing to save rather than splurge."

Fewer than one per cent of the 18-24 age group say that their financial priority is to put money into a pension, although currently half of this age group do have provisions for a pension, primarily through work based pension schemes.

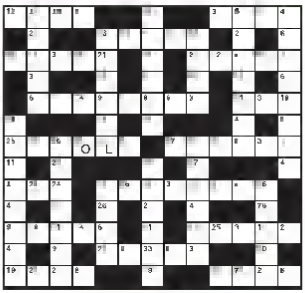
Lovatt, continued "Young savers today should at least be encouraged to make the most of their tax allowances through an ISA. At present, one in three savers in this age group are either choosing not to put money in an ISA or instead oblivious to what benefits ISAs offer."

Tax treatment depends on individual circumstances and tax law may change in the future.

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	L
3	18
4	17
5	18
6	18
7	20
8	21
	O
9	22
10	23
11	24
12	25
13	26

Last week's solutions

1	2	3	4	5	6	7	8	9	10	11	12	13	
T	L	K	G	A	S	J	R	P	X	M	E	Q	
14	15	16	17	18	19	20	21	22	23	24	25	26	
Y	U	F	I	Z	C	H	V	W	O	N	D	B	

Wordsmare

E	A	S
O	Y	N
R	D	C

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in -s are permitted. There is one 9 letter word to be found

How you rate

20 words - average,
30 words - good,
40 words - very good;
50 or more - excellent.

Last week's solutions

ginger gr e glen nger lien ine Inen line Inger Ingering nggle niggler nne negn nelgning ne n, nening nelining nle.

Double Crossword

Choose either quick or cryptic clues

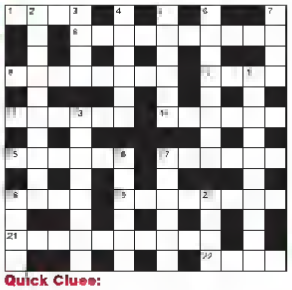
Cryptic Clues:

Across

1. Very popular winter sports range (4)
5. He takes an interest in star appearances (10)
9. Regard as deliberate (6)
10. Pattern print (4)
12. A caps in S. America (6)
14. Change put behind a mirror (6)
15. Some offer is questionable in bats (6)
17. He has the skills to make a suit (6)
18. We are disheartened or used to be (4)
19. Reject an offer to prepare a bed for sleeping (4,4)
21. One sportsman to be all for reorganisation (10)
22. Swimmers feel strong y a heart (4)

Down

2. Moving example of crazy reasoning? (10)
3. Words of wisdom with a bite (4)
4. The artist's sitting room (6)
5. Gets on the stage (6)
6. Tall trio producing Mexican linsel (6)
7. Not working for nothing (4)
11. Charming bore? Not exactly (6,4)
13. She vainly seeks masculine attentions (6)
16. Minor performers put on the hill (6)
17. Something in the way of an athlete (6)
18. The half that's better if we go outside (4)
20. I d turn about with calamitous consequences (4)



Quick Clues:

Across

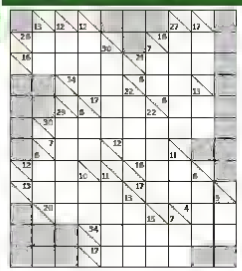
1. Memrw (4)
8. Illegible (10)
9. Prisoners (8)
10. Wealthy (4)
12. Emerge (6)
14. Caption (6)
15. Contemplate (6)
17. Young hen (6)
18. Safe (4)
19. Misuse (3-5)
21. Quadruped (4-6)
22. Water up (4)

Down

2. Intangible (10)
3. Chase (4)
4. Herdsman (8)
5. Bondman (6)
6. Part-song (8)
7. Network (4)
11. Carriage (10)
13. Always (8)
16. Clothes-maker (6)
17. Navigators (5)
18. Squabble (4)
20. Impolite (4)

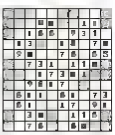
Last week's solutions:
CRYPTIC Across 7 Above 8 Actress 9 Elastic 10 Aloud 12 Larynx 15 Good health, 18 N che, 19 Tap pos, 21 Partial 22 Canoe Down 1 Water-wagon 2 Total 3 Sect; 4 Catchy 5 Straight 6 Reports 11 Designated 13 Athletic 14 Concern 16 Attic, 17 Wound 20 Fact QUICK Across 7 Nebula, 8 Furious, 9 Enforce, 10 Emend 12 Infectious 15 Improbable 18 Edict 19 Confine 21 Shuttle 22 Trial Down 1 Interlude, 2 Abate 3 Seer 4 Effete 5 Oriental 6 Reinform 11 Dexterity 13 Noonday, 14 Optimum 16 Ancient 17 Tepid 20 Note

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block

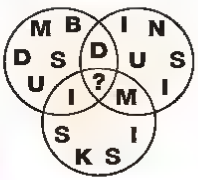
Last week's solutions:



Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is A. Rihanna, Madonna, Shakira...all female popstars

Anagramddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off

				S	
					R
O					
			L		
	R				

A

S	T	R	E	L
B	O	L	L	Y
S	T	E	O	D
D	O	R	S	T
S	Y	D	O	R

B

Last week's solutions:
Debit Erase Balls Islet, Testy

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

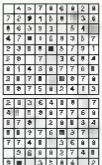
5	9	6	7					4
		3		4			1	9
1				8	9			
	1						5	
9			1	3				7
	4	2			8	6	3	
			8	9				
6	3			1		2	9	
4				7	3	1	6	5

Intermediate

		3		1			5	
1	7				2			3
4			3	5				7
					1	2	7	
6			5	2				9
	4	8	9			6		
				8				4
5		2	6				3	1
	3			7		8		

Difficult

4		3			2			
2	5	9			7			
								5
	1			7	4	3		
	3					7		
		5	9	1		8		
3			2			4	9	7
			4			8		6



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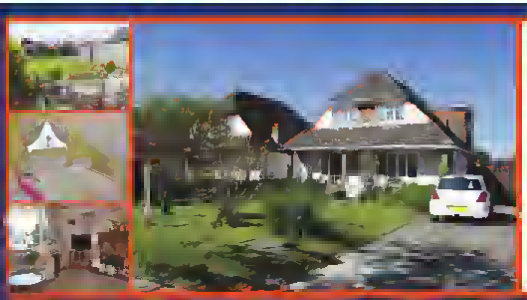


Harbour View Road, Pagham £315,000

Detached House * Sitting Room * Dining Room * Reception Room * Fitted Kitchen * Cloakroom with WC * Three Double Bedrooms * Family Bathroom with Separate Shower Cubicle * Gas Fired Central Heating * Double Glazed Windows * Front Garden * Driveway Providing Off Road Parking for Vehicles * Detached Garage * Approximate 60 Rear Garden * Excellent Location for Bus Services * Local Parade of Shops, Beach & Nature Reserve * EPC Rating E

This detached family house is located in a popular residential area in Pagham having bus services that pass by that give access to the town centre of Bognor Regis and also the city of Chichester Within the immediate vicinity there are shopping facilities to be found at The Parade in Pagham also the beach and Pagham Harbour Nature Reserve are easily accessible A more comprehensive range of shopping facilities can be found at Rose Green

This detached family home offers flexible accommodation as in three reception rooms to the ground floor which one could be utilised as a ground floor bedroom thus giving four double bedrooms in total To the first floor there are three double bedrooms and a family bathroom with separate shower cubicle measuring 10 4 x 8 7 maximum A particular feature of this property is the rear garden which has a southerly aspect and is westerly facing and measuring approximately 60 in length The property also benefits from a driveway providing off road parking for several vehicles and leading to a detached garage

A viewing is highly recommended to appreciate the size of accommodation on offer and also its locat on

Fernhurst Gardens, Aldwick £495,000

Extended Detached Family House * Sitting Room * Dining Room * Modern Fitted Kitchen * Breakfast Area * Utility Room * Garden * Four Shower Room With WC * Four Double Bedrooms (one on ground floor) * Family Bathroom * Double Glazing * Gas Fire Central Heating * Driveway Providing Off Road Parking For Vehicles * Garage * Rear Garden Measuring Approximately 60ft * Excellent Location For Local Schools, Doctors Surgery & Library * Conveniently Situated For Access To Local Shopping Facilities In Rose Green & Barrack Lane

North Road, Selsey £185,000

Spacious Terraced House Convenient To High Street* Formally Three Bedrooms, currently Two with en-suite cloaks/dressing room * Two Reception Rooms * Conservatory Addition * Boarded Loft Area * UPVC double glazing gas central heating * West Facing Rear Garden extending to some 90 feet * EPC rating To be confirmed

Little Orchard, Selsey £399,950

Spacious Detached Bungalow * Subject of Considerable Updating * Contemporary Kitchen/Dining Room * Three Bedrooms two with modern en-suite bathrooms * New Gas Central Heating System * UPVC Double Glazing * Enclosed Rear Garden * Detached Garage * Ample Off Street Parking * EPC rating To be confirmed *

Summerley Estate, Felpham £695,000

Beautifully Presented Family Home * Sought After Summerley Private Estate * Feature Kitchen/Family Room * Four Double Bedrooms * Two En Suites and Family Room * Lounge * Separate Dining Room * Established and Mature Gardens * Garage * Off Street Parking * Viewing Essential * EPC rating C

Ambleside Close, Felpham £246,500

Beautifully Presented Semi-Detached House * Quiet Cul de Sac Location * Modern Fitments to Kitchen * Conservatory * Upvc Double Glazing * Gas Fired Central Heating * Utility Room * Ground Floor Cloakroom * Three First Floor Bedrooms * Local Schools, Shops, Bus Services Available Nearby * EPC Rating D

Highcroft Crescent, Bognor Regis £229,950

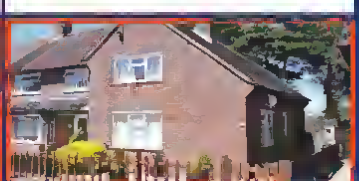
Semi Detached Bungalow * Two Bedrooms * Kitchen * Bathroom, Sitting Room * UPVC Double Glazing * Gas Central Heating * Driveway * Gardens * No Forward Chain * EPC Rating C *

Cherrywood Court, Aldwick £117,500

Purpose Built Flat, Ground Floor Double Bedroom Double Glazing, Electric Storage Heating Off Road Parking No Forward Chain Sole Agents, Private Road Share In Freehold EPC Rating D

Butlers Green, Westergate £299,950

NO FORWARD CHAIN ** Three bedroom detached family home* Within Westergate village* *Entrance hall* *Cloakroom* *Sitting/ Dining Room* *Three bedrooms* *Family bathroom* *Lovely mature rear gardens* *Single garage* *Ample off road parking*



Gospond Road, Barnham £189,500

Two double bedroom end of terrace house* *Cul de sac location* *Within three minutes walk of Barnham village centre* *Entrance hall* *Sitting room* *Dining room* *Kitchen* *Two bedrooms* *Bathroom* *Gas fired central heating* *Replacement double glazing* *No Forward Chain*

59 Aldwick Road, Bognor Regis 01243 865511 bognor@gilbertandcleveland.co.uk

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CRAIGWEIL PRIVATE ESTATE £775,000

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kit/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

ALDWICK £650,000

A Character house situated on a corner plot. The specification of this well presented property includes g.f.h., dble glazing, dual aspect lounge and sep. dining room, kitchen/breakfast room with conservatory extension, utility room, master bedroom with en suite shower room, four further bedrooms, family bathroom, separate w.c., garage and good size gardens. EPC Rating F

CRAIGWEIL-ON-SEA £585,000

A detached family house situated on a good sized plot in private estate, approx 300 yards from the private beach. The specification of this well presented property includes G.F.H., cloakroom, large dual aspect living room, a study, a kitchen/breakfast room, utility room, master bedroom with en suite shower room, three further bedrooms, bathroom, detached double garage and large secluded rear garden. EPC Rating D

COLTS BAY £450,000

A detached three bedroom bungalow situated at the gates of the Colts Bay private estate, with easy reach of shops and approx. 400 yards from the beach. The property would benefit from a programme of modernisation and refurbishment and includes a lounge, dining room, kitchen, conservatory, master bedroom with an suite bathroom, two further bedrooms, second bathroom, detached double garage and gardens including a southerly rear. EPC Rating E

BOGNOR REGIS £329,950

A delightful mews cottage situated in an attractive gated development approx. 200 yards from the esplanade and beach. This well presented property includes g.f.h., d/glazing, cloakroom, sitting/dining area, kitchen with utility area, master bedroom with an suite shower room, further bedroom, bathroom, attractive South facing rear garden, designated parking area & visitor parking. EPC Rating C

BOGNOR REGIS £175,000

A refurbished character cottage situated in a cul-de-sac location close to shops, town centre, railway station, beach and promenade. The property is the subject of an extensive programme of renovation including new g.f.h., n.P.V.C. double glazing, 26' open plan living room incorporating the kitchen, two first floor bedrooms and bathroom. EPC Rating C

BOGNOR REGIS £155,000

A ground floor and a first floor 2 bedroom flat located in a unique redeveloped gated mews and situated close to shops, town centre, railway station, promenade and beach. Each property will have a new 250 year Lease. AWAITING EPC

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PANTHER TRUCK RENTAL

Stolen car crashed into Fogarty's home

A TEENAGER has been banned from driving for two years after drunkenly crashing a stolen car into the home of Blackburn superbike champion Carl Fogarty.

The 17-year-old, who can't be named for legal reasons, wrote off the £12,000 Ford C-Max when he ploughed through metal garden rails, a tree and shrubbery, a court heard.

The collision, which ended with the car on its roof, caused damage worth £3,000 to Mr Fogarty's £500,000 detached home in St Anne's.

The four time World Superbikes Championship winner raised the alarm and took pictures of the carnage as Lancashire Police hunted the suspect after the incident, in the early hours of June 7.

The car had been stolen when the teenager burgled a house in Lowton Road, St Annes, while the owner's daughter and boyfriend were upstairs.

The boy, who had been drinking at a family barbecue and in a park, crashed into Mr Fogarty's Victory Boulevard home, four miles away, later the same morning.

Jim Mowbray, prosecuting, told Blackpool Youth Court "The loss of the Ford caused the owner serious problems as it was used to transport her son around. He suffers from cerebral palsy."

The defendant told police: "I have been very silly. I have been drinking and took the car."

Gerry Coyle, defending, said "My client has little recollection of what happened. He feels and some others feel, one of his drinks may have been spiked. He has no previous convictions and has never been in trouble in his life. He knows he is lucky to be here and not dead or maimed for life."

The 17-year-old admitted dangerous driving, drink driving and driving without insurance or a licence. He also pleaded guilty to the theft of the Ford and interfering with two other cars, an Audi and a BMW. As well as the driving ban, District Judge Jeff Brailsford sentenced the boy to 12 months in a youth detention centre.

He said "This was massively serious offending. If you were a year older you would have been at Crown Court and would get a three or four year term in jail."

Mr Fogarty, 49, declined to comment.

Gorgeous Maserati wins 20th Cartier 'style-et-luxe' at 2014 Goodwood FoS

A SENSATIONAL Maserati A6 GCS Berlinetta was named 'best in show' at the Goodwood Festival of Speed's Cartier 'style-et-luxe' concours d'elegance.

The event, which was held on the Cartier lawn, celebrated its 20th running at the Festival of Speed and celebrated the best in exquisite automotive design throughout the history of the motor industry.

The Maserati, which is owned by Egon Zwemmuller Jr, took victory in the coachbuilt Maserati only Class 3 'The height of fashion', and later beat off competition from the other class winners to claim the overall spoils.

The judging panel was chaired by Mail on Sunday editor Geordie Grieg and also featured Olympic gold medallists Sir Chris Hoy and Sally Gunnell, actor Rowan Atkinson, Apple design chief Sir Jonathan Ive and renowned handbag designer Anya Hindmarch plus other notable names from the worlds of sport, the arts and design.

Class 1, 'Vintage Voiturettes' was won by Keith Bowley's 1925 Amilcar CGS while victory in Class 2, 'Blown Away', which was held just for Mercedes 500Ks, went to Winfried Ritter's Cab A model.

The winning Maserati

A 1960 Lincoln Continental, owned by the La Salle Collection, triumphed in Class 4, 'Affairs of Status', while Class 5, 'Mid-engined masterpieces' went to Stephen Keen's 1968 Lamborghini Miura P400S.

Bill Shepherd's 1966 Ford Mustang Mustero won Class 6 'Horses for Courses' which celebrated American cars powered by small block V8 engines, while victory in Class 7 'Best foot forward', marking front-engined British sportscars of the 1990s, was won by Graham Abbott's 1997 TVR Cerbera Speed 12.

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Squash

Squash players conquer the west!

CHICHESTER RACQUETS AND FITNESS CLUB is celebrating a double triumph. The Bournemouth Junior Open Squash Tournament took place on the 28 and 29 June with a strong field of competitors across all age groups. Three players from the Chichester club entered the tournament, Louie Martin and Julian Standish competed in the Under 15 boys' category and Charlotte Terry competed in the Under 15 girls' event.

Charlotte, seeded no.1, did not disappoint, she won all her matches 3-0 to progress to the final. She defeated the no 2 seed 11-8, 11-6, 11-8 to become the Under 15 girls' champion.

In the boys' Under 15 contest Martin made his way, with ease, to the quarter finals where he was defeated by the eventual runner-up of the tournament. Standish, the no.4 seed, played with conviction in all the rounds and went through to his first open tournament final. He ultimately won a tense contest and secured victory in the final 5th game, 11/5.

Mike Phillips, Head Squash and Racketball Coach at the Chichester Racquets and Fitness Club commented "Since Louie Martin has moved to U13 level he has reached number 16 nationally and plays in bronze level U15 events. Last November Louie became the first home Junior for over 20 years, to win a Chichester Junior Open title in any age group; when he won the U13 Boys' event. Julian has made massive strides in the last 12 months, he works really hard at his game and has a maturity beyond his years which he applies to his squash. Julian, seeded 4, went through all opposition to win the Bournemouth U15 title which, in my opinion, was reward for all the hard work he has put into his game. Charlotte has been a regular member of both Sussex and the South East regional squads at U13 & U15 levels including Captaining Sussex. She has been a winner at the U17 event in the Jersey Junior Open and to win the girls' U15 at the Bournemouth Open is a fantastic achievement."

Julian Standish and Charlotte Terry

Golf

Marco Penge starts strong at the Mcgregor Trophy

MARCO PENGE has made a cracking start to the defence of the English Boys Under 16 Championship for the McGregor Trophy with an opening round of one under par 69 at the Radcliffe on Trent Golf Club in Nottinghamshire earlier yesterday.

Only two players have achieved back-to-back titles since the competition was inaugurated in 1982. Jim Payne, the former Walker Cup player and European Tour Rookie of the Year now the professional at Southport & Ainsdale Golf Club, won in 1986 and 87, while Seb Crookall-Nixon (Workington, Cumbria), currently at college in San Francisco, was champion in 2008 and '09.

Marco did the double at Skegness last year by winning the under 15 and under 16 titles by three strokes from Billy Spooner (Boston, Lincolnshire) and Bradley Moore (Kedleston Park, Derbyshire). He also matched his fellow Golf At Goodwood ambassador Justin Rose who also won the McGregor Trophy in 1995 aged 15.

In a truly international field of 144, there are 40 foreign players, including two from China, representing ten countries from Belgium to the United States. The largest contingent is from Italy, which is sending eight youngsters in a bid to lift the title won by Ryder Cup player Eduardo Molinari, at Radcliffe-on-Trent in 1990.

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